

Pengaruh Pijat Terhadap Kualitas General Movements Bayi Prematur ASI

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ABSTRAK

Latar belakang : *General Movements* (GMs) merupakan salah satu modalitas mendeteksi gangguan perkembangan bayi secara dini sehingga pemeriksaan perkembangan bayi prematur sangat penting. Oleh karena, bayi prematur memiliki dampak jangka panjang kesehatan maupun risiko morbiditas dan mortalitas. Air susu ibu (ASI) merupakan nutrisi penting bagi bayi prematur selain stimulasi, salah satunya adalah pijat.

Tujuan : Menganalisis pengaruh pijat terhadap kualitas *general movements* bayi prematur ASI di RSUD Dr. Soetomo Surabaya

Metode : Rancangan *randomized control group pre test post test* pada bayi prematur, bulan Februari-November 2018. Sebanyak 39 bayi dianalisis. Pijat dilakukan selama 10 hari berturut-turut, 3 kali sehari di neonatal intermediate dan nicu IRD dengan mengamati kondisi bayi. Penilaian kualitas GMs menggunakan standarisasi metode Prechtl, melalui dua tahap, mengambil rekaman video dan mengedit GMs, dan menganalisis rekaman video GMs. Statistik dengan uji komparasi.

Hasil : Kualitas GMs *preterm* kelompok pijat (85,7%) dan tidak pijat (69,6%) dengan $p = 0,287$. Kualitas GMs *writhing* kelompok pijat didominasi abnormal GMs (65%), pada kelompok tidak pijat didominasi normal GMs (63,2%) dengan $p = 0,150$. GMs *fidgety*, kelompok pijat (75%) dan tidak pijat (78,9%) didominasi normal GMs, dengan $p = 1.000$.

Kesimpulan : Tidak terdapat perbedaan kualitas GMs *preterm*, GMs *writhing* dan GMs *fidgety* pada kedua kelompok

Keyword : *Prematur, berat badan lahir rendah, pijat, air susu ibu, general movements*

Massage Effect in Breastfed Preterm's General Movements

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ABSTRACT

Background : General Movements (GMs) assessment is one of the modalities to detect abnormal infant development early, the examination of preterm infant development is very important. Preterm infant has a long-term health impact and the risk of neonatal morbidity and mortality, need breast milk as the best nutrition and also need stimulation, one of which is massage.

Objective: To analyze massage effect in general movements of breastfed preterm in Dr. Soetomo Hospital Surabaya.

Methods : A randomized control group pre test post test design was conducted on preterm infant, on February-November 2018. 39 babies were enrolled. Massage was done for 10 consecutive days 3 times in the neonatal ward while observing the condition. The quality assessment of GMs is according to the standardization of the Prechtl method, through two stages, taking video recording and editing GMs, and analysis the video recordings of GMs. Statistical by comparison test.

Results : The quality of preterm GMs in massage group (85.7%) and not massage (69.6%) with $p=0.287$. The quality of GMs writhing in the massage group was dominated by abnormal GMs (65%), in not massage group were dominated by normal (63.2%) with $p=0.150$. In the fidgety GMs, the massage group (75%) and not massage (78.9%) were dominated by normal GMs, with $p=1.000$.

Conclusion : There were no differences in the quality of preterm GMs, writhing GMs and fidgety GMs for preterm infants in both group.

Keyword : *Preterm, low birth weight, massage, breastfed, general movements*